



Physical Education Department

GCSE Physical Education

Programme of Study: Key stage 4

Intent

Students can study the OCR GCSE Physical Education in Year 10 & 11 as part of their GCSE option choices. They will receive 5 periods across the two-week timetable.

GCSE Physical Education will equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being. This will require them to:

- Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.
- Understand how the physiological and psychological state affects performance in physical activity and sport.
- Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas.
- Develop their ability to analyse and evaluate to improve performance in physical activity and sport.
- Understand the contribution which physical activity and sport make to health, fitness and well-being.
- Understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

Key Concepts

Communication	Decision Making	Teamwork and Leadership	Health and Wellbeing	Personal Challenge
Students in a variety of contexts impart or exchange information by speaking, writing, or using another medium	Students develop the action or process of making important decisions in a range of contexts.	Leadership, teamwork, and interpersonal skills are developed when students are engaged in movement contexts. Students develop leadership knowledge and understanding about how to balance rights, roles, and responsibilities in a range of situations/ contexts.	Students learn the importance of health and well-being both in terms of physical, mental, and social. Health and well-being can be described as the achievement and maintenance of physical fitness and mental stability.	By actively participating in contexts that involve challenge, students extend and test their physical, mental, and emotional limits, both individually and as part of a group.

Key Themes

Applied anatomy and physiology	Physical training	Socio-cultural influences	Sports psychology	Health, fitness and wellbeing	Performance
Learners will develop knowledge and understanding of the basic structures and functions of body systems that are particularly important to physical activities and sports and the long term and short term effects.	Learners will develop their knowledge and understanding of the components of fitness required for physical activities and sports and how each can be measured. Learners will also be able to apply their knowledge of training principles to personal exercise/training programmes to improve fitness, along with the knowledge of how to optimise training and helping to prevent injury.	Learners will develop their knowledge and understanding of the factors that continue to impact on physical activities and sports.	Learners will develop their knowledge and understanding of the psychological factors that can affect performers. They will also develop their knowledge and understanding of how movement skills are learned and performed in physical activities and sports.	Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sport to health, fitness and well-being as well as having a clear definition of health and fitness.	Learners should be taught the necessary knowledge to undertake a range of roles in a variety of activities.

Key Stage 4

YEAR: 10

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
P r a c t i c a l	Topic: (Core skills) in 1 assessment activity. Activity selected based on class abilities and experience. Activities to include: • Badminton • Table Tennis • Handball • Cross country • Trampolineing • Netball					Topic: (Core skills) in 1 assessment activity. Activity selected based on class abilities and experience. Activities to include: • Badminton • Table Tennis • Handball • Cross country • Trampolineing • Netball					Topic: (Core skills) in 1 assessment activity. Activity selected based on class abilities and experience. • Activities to include • Badminton • Table Tennis • Handball • Cross country • Trampolineing • Netball					Topic: (Core skills) in 1 assessment activity. Activity selected based on class abilities and experience. • Activities to include • Badminton • Table Tennis • Handball • Cross country • Trampolineing • Netball					Topic: (Core skills) in 1 assessment activity. Activity selected based on class abilities and experience. • Activities to include Table Tennis • Athletics/Cross country • Trampolineing					Topic: (Core skills) in 1 assessment activity. Activity selected based on class abilities and experience. • Activities to include • Table Tennis • Athletics • Trampolineing									
	Assessment Method Practical assessment – skills & application to game play					Assessment Method Practical assessment – skills & application to game play					Assessment Method Practical assessment – skills & application to game play					Assessment Method Practical assessment – skills & application to game play					Assessment Method Practical assessment – skills & technique					Assessment Method Practical assessment – skills & technique									
	Topic: Components of Fitness (unit 1.2a)					Topic: Skeletal system (unit 1.1a) Muscular system (unit 1.1b)					Topic: Movement analysis (1.1c)					Topic: Physical Training Applying the principles of training (unit 1.2b)					Topic: Sports Psychology (unit 2.2) Socio-cultural influences Ethics, drugs and violence in sport (unit 2.1c)					Topic: Cardiovascular system (unit 1.1d) Topic: Respiration (unit 1.1d)									
T h e o r y	Assessment Method End of topic tests Termly 15 mark quiz Section 1 and 2 of coursework (Evaluation and Analysis)					Assessment Method End of topic tests Termly 15 mark quiz Section 3 and 4 of coursework (Overview and Assessment)					Assessment Method End of topic tests Termly 15 mark quiz Section 5 of coursework (Movement Analysis)					Assessment Method End of topic tests Termly 15 mark quiz Section 6 of coursework (Action plan)					Assessment Method End of topic tests Termly 15 mark quiz Section 6 of coursework (Action plan)					Assessment Method End of topic tests Termly 15 mark quiz Section 6 of coursework (Action plan)									

YEAR: 11

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
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P r a c t i c a l	Topic: (Advanced skills and tactics) in 1 or 2 assessment activities studied in Year 10. Activity selected based on class abilities and experience. Activities to include: <ul style="list-style-type: none"> • Badminton • Table Tennis • Handball • Cross country • Trampolineing • Netball 	Topic: (Advanced skills and tactics) in 1 or 2 assessment activities studied in Year 10. Activity selected based on class abilities and experience. Activities to include: <ul style="list-style-type: none"> • Badminton • Table Tennis • Handball • Cross country • Trampolineing • Netball 	Topic: (Advanced skills and tactics) in 1 or 2 assessment activities studied in Year 10. Activity selected based on class abilities and experience. Activities to include: <ul style="list-style-type: none"> • Badminton • Table Tennis • Handball • Cross country • Trampolineing • Netball 	Moderation preparation	
	Assessment Method Practical assessment – skills, application to game play and decision making	Assessment Method Practical assessment – skills, application to game play and decision making	Assessment Method Practical assessment – skills, application to game play and decision making	Assessment Method Practical assessment – skills, application to game play and decision making	External moderation
Theo ry	Injury prevention (unit 1.2c) Aerobic/anaerobic exercise (unit 1.1d) Topic: Effects of exercise on body systems (unit 1.1e)	Topic: Health, Fitness and well-being (unit 2.3) Diet & nutrition (unit 2.3)	Topic: Socio-cultural influences - Engagement patterns (unit 2.1a) - Commercialisation (unit 2.1b)	Topic: Data analysis and its application to sport Link to paper 1 & 2 content Topic: Practical example application of topics - Link to paper 1 & 2 content	Topic: F
	Assessment Method End of topic tests Termly 15 mark quiz	Assessment Method End of topic tests Termly 15 mark quiz	Assessment Method End of topic tests Termly 15 mark quiz	Assessment Method End of topic tests Termly 15 mark quiz	Assessment GCSE exam